

# 2021 PI WARMUP ASSIGNMENTS

## DAY 1 - SATURDAY JUNE 26TH, 2021

Lane 11	Lane 10	Lane 9	Lane 8	Lane 7	Lane 6	Lane 5	Lane 4	Lane 3	Lane 2	Lane 1

BULKHEAD  
25YD START END

-----> -----> -----> -----> One Way Starts / Dives From Bulkhead 10 & Under -----> -----> -----> ----->	LANE 1
	LANE 2
	LANE 3
	LANE 4
	LANE 5
	LANE 6
<-----<-----<-----<----- One Way Starts / Dives From 10 & Up Start End <-----<-----<-----<-----	LANE 7
	LANE 8

### 1st Warmup Session 7:00am - 7:25am

Lane 11	Lane 10	Lane 9	Lane 8	Lane 7	Lane 6	Lane 5	Lane 4	Lane 3	Lane 2	Lane 1	Lane 6	Lane 5	Lane 4	Lane 3
WLW	WLH	WALD	WALD	JVS	SCO	WOR	WOR	WOR	FCR	FCR	FOST	WLM	ESST	ESST
			JVS			SCO								

### 2nd Warmup Session 7:25am - 7:50am

Lane 11	Lane 10	Lane 9	Lane 8	Lane 7	Lane 6	Lane 5	Lane 4	Lane 3	Lane 2	Lane 1	Lane 6	Lane 5	Lane 4	Lane 3
SHEN	WIE	MBW	BB	NORP	FAST	FAST	NHN	NHN	WNDR	WNDR	MNW	STG	STG	STG
TOM	GLF	TVG	CYM											

### 3rd Warmup Session 7:50am - 8:15am

Lane 11	Lane 10	Lane 9	Lane 8	Lane 7	Lane 6	Lane 5	Lane 4	Lane 3	Lane 2	Lane 1	Lane 6	Lane 5	Lane 4	Lane 3
STC	STC	RS	RS	ORN	ORN	SCST	BRLD	BRLD	TWNL	TWNL	DFV	IOST	IOST	IOST
		LDLB												

### 4TH Warmup Session 8:15am - 8:40am

Lane 11	Lane 10	Lane 9	Lane 8	Lane 7	Lane 6	Lane 5	Lane 4	Lane 3	Lane 2	Lane 1	Lane 6	Lane 5	Lane 4	Lane 3
PF	OCV	FCST	KNGR	EMC	WHST	NSST	CHRC	BMST	COPP	FMKP	SMW	COLE	COLE	COLE
CYP	NAV	EVM	SCF	WIN	VGO	CLE	CYPR	LOE	CBST	NPT				
HST	HUNT	CLC	PWF	LWF	WIMB	HVL	BRY		SCR					
CHTS	KWD	BFST	GTR	LIV	BCB	CYC	BSST							
RAVE	GWf	TNW	HWD	BREN	WLR	COLS								

# 2021 PI WARMUP ASSIGNMENTS

## DAY 2 - SUNDAY JUNE 27TH, 2021

Lane 11	Lane 10	Lane 9	Lane 8	Lane 7	Lane 6	Lane 5	Lane 4	Lane 3	Lane 2	Lane 1

BULKHEAD  
25YD START END

-----> -----> -----> -----> One Way Starts / Dives From Bulkhead 10 & Under -----> -----> -----> ----->	LANE 1
	LANE 2
	LANE 3
	LANE 4
	LANE 5
	LANE 6
<-----<-----<-----<----- One Way Starts / Dives From 10 & Up Start End <-----<-----<-----<-----	LANE 7
	LANE 8

### 1st Warmup Session 7:00am - 7:25am

Lane 11	Lane 10	Lane 9	Lane 8	Lane 7	Lane 6	Lane 5	Lane 4	Lane 3	Lane 2	Lane 1	Lane 6	Lane 5	Lane 4	Lane 3
WALD	COLE	COLE	TWNL	TWNL	NHN	NHN	ESST	ESST	STG	STG	WOR	WOR	FAST	FAST

### 2nd Warmup Session 7:25am - 7:50am

Lane 11	Lane 10	Lane 9	Lane 8	Lane 7	Lane 6	Lane 5	Lane 4	Lane 3	Lane 2	Lane 1	Lane 6	Lane 5	Lane 4	Lane 3
STC	STC	SCST	NORP	ORN	BRLD	BRLD	FCR	FCR	IOST	IOST	RS	SCO	WNDR	WNDR

### 3rd Warmup Session 7:50am - 8:15am

Lane 11	Lane 10	Lane 9	Lane 8	Lane 7	Lane 6	Lane 5	Lane 4	Lane 3	Lane 2	Lane 1	Lane 6	Lane 5	Lane 4	Lane 3
CYM	TVG	SCR	LOE	GLF	CBST	TOM	DFV	SHEN	MBW	FOST	JVS	JVS	WLW	BB
NPT	BMST	CYC	COLS	COPP	CLE	BRY	WIE	MNW	SMW		BCB			

### 4th Warmup Session 8:15am - 8:40am

Lane 11	Lane 10	Lane 9	Lane 8	Lane 7	Lane 6	Lane 5	Lane 4	Lane 3	Lane 2	Lane 1	Lane 6	Lane 5	Lane 4	Lane 3
HWD	LIV	PWF	SCF	NSST	WIN	LWF	NAV	WHST	CLC	PF	TNW	WLM	WLH	CYPR
VGO	OCV	GWF	EVM	RAVE	HST	GTR	FCST	CHTS	CYP	KWD	EMC			LDLB
BFST	OAKS	BSST	FMKP	CHRC	KNGR	BREN	HVL	WIMB	WLR					